

(Monroe Institute Blog - April 29, 2015)

GATEWAY EXPERIENCE® ONLINE COURSES AVAILABLE NOW!

The Monroe Institute® (TMI) is delighted to announce the launch of our first online course, the Gateway Experience® Wave I (GE Wave I).

GE Wave 1 (Discovery) gives you the means to develop, explore, and apply expanded states of awareness. It introduces the Mind Awake/Body Asleep state (Focus 10) and other unique and powerful mental tools to help you experience deep, targeted states of consciousness.

Through online discussion and shared experience, you will be part of building a collaborative learning community. A knowledgeable and skilled TMI trainer will be your guide throughout the course as you learn to use new tools for deeper levels of self-discovery.

You will experience six Hemi-Sync® exercises specially designed to assist you in exploring profound states of awareness—states where you can obtain a greater overview which can help you to live each day more fully and consciously. Exercises in this program use proprietary blended and sequenced Hemi-Sync® frequencies combined with verbal guidance and subtle sound effects (or music) to lead you into focused, whole brain states of consciousness.

While in such states, you will have a broader range of perceptions available to you to solve problems, develop creativity, and obtain guidance. You can use this expansion and integration of personal awareness to know and better understand your total self so that you can enjoy a more fulfilling life.

What Robert Monroe said about the **Gateway Experience**—

*What can you expect from the **Gateway Experience**? As much or as little as you put into it. The exercises provide you with a set of tools—how you use them and what you do with them is your responsibility. Some discover themselves for the first time, and thus live more completely, more constructively. Others reach levels of awareness so profound that only one such experience is enough for a lifetime. Still others become seekers after truth and add on-going adventure to their daily activity.*

If you long to blend a profound learning experience with personalized guidance and group support, all in the comfort of your home, the Gateway Experience online course is for you!

The course includes eight online lessons over an 8-week period, plus “homework,” with a maximum enrollment of 30 students.

To register, call our Online Course Registrar at 434-361-1500 (Toll Free 866-881-3440) or email programsupport@monroeinstitute.org.

Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Monroe Products.